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## *About us...*

The Backyard Produce Project is a year-round project, launched in February 2009 by volunteers of the Palomar Health Community Action Council of Poway/Rancho Bernardo/Rancho Peñasquitos, as part of our Obesity & Diabetes Prevention program. Residents in the area are encouraged to donate surplus home grown fruits and vegetables at our collection sites. A tree picking team will harvest residential fruit from trees upon request. Volunteers grow fruits and vegetables in our community gardens. The produce is donated to over 600 families in need in the Poway Unified School District region through coordinated efforts of Friends & Family Community Connection. For more information:

**Contact:** Jane Radatz, Coordinator

**E-mail:** [jradatz@att.net](mailto:jradatz@att.net)

**Phone:** 858-485-5449

**Web site:** [www.backyard-produce-project.wikispaces.com](http://www.backyard-produce-project.wikispaces.com)

## Food & Nutrition Resources:

### Friends & Family Community Connection

[www.ffcscsd.org](http://www.ffcscsd.org)

### San Diego Food Bank

1.866.350.3663

[www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)

### 2-1-1 San Diego North County

858. 300.1211

[www.211sandiego.org/northcountyresources](http://www.211sandiego.org/northcountyresources)

### Feeding America

858.452.3663

[www.feedingamericasd.org](http://www.feedingamericasd.org)

### The Community Food Connection

858.748.1875

[www.thecommunityfoodconnection.weebly.com](http://www.thecommunityfoodconnection.weebly.com)

### Eat Fresh - Affordable Cooking Recipes

[www.eatfresh.org](http://www.eatfresh.org)



PALOMAR  
HEALTH



LIVE WELL  
SAN DIEGO



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# The Backyard Produce Project



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Providing fresh produce  
to local families in need

## *Picking fruit...*

We will arrange for a friendly team of volunteers to come to your home or orchard and harvest the surplus fruit on your trees in the Poway, Rancho Bernardo, and Rancho Peñasquitos areas.



Oranges, tangerines, grapefruits, lemons, avocados, apples, limes, kumquats, guava, etc. are just some of the donated fruits that we pick for generous homeowners to donate to the project.

To volunteer in the garden, on a picking team, or at a collection site, contact Jane Radatz at 858-485-5449 or [jadatz@att.net](mailto:jadatz@att.net)

## *Organic Gardens...*



Our 5,000-square-foot vegetable garden and 1000-square-foot orchard of non-citrus fruit trees are tended by community volunteers working in teams. The land and water for the garden and orchard are donated by Sunshine Care, an assisted living community in Poway, CA.

***"The roots of all goodness lie in the soil of appreciation for goodness". ~Dalai Lama***

## *Collection Sites...*

***"Volunteers do not necessarily have the time; they just have the heart." ~Elizabeth Andrew***

We set up collection sites in Poway, Rancho Bernardo, and Rancho Peñasquitos where homeowners can drop off excess fruits and vegetables from their gardens and trees. For a list of collection days and sites, go to: [www.backyard-produce-project.wikispaces.com](http://www.backyard-produce-project.wikispaces.com)



